GRILLING HINTS

Because of its natural tenderness, lamb is ideal for outdoor cookery. Top favorite for the grill and rotisserie is a butterflied leg of lamb. Other cuts include loins, shoulder and rib chops, leg steaks, ribs, kabobs and lamb patties.

Trim chops, steaks and roasts before cooking to eliminate smoke and fire flare-ups. Place lamb on rack 4 inches from coals. Cook to desired degree of doneness following approximate times on chart.

Chops, steaks and patties must be turned over halfway through cooking. Turn kabobs over several times and butterflied legs every 10 minutes. American lamb is especially good if basted during grilling. If sauce contains sugar or other ingredients that burn easily, baste only during last half hour of grilling.

TIMETABLE FOR GRILLING LAMB
(COOKED ON OPEN GRILL 4 INCHES FROM HEAT)

LAMB CUT	COAL TEMP.	APPROXIMATE COOKING TIME (Medium Doneness)
Sirloin Steaks (1" thick)	moderate	9 - 10 min
Center Cut Leg Steaks (1" thick)	moderate	10 - 12 min
Kabob Cubes (1" pieces)	moderate	7 - 8 min
Lamb Patties (½ x 4") 4 oz each	moderate	5 - 7 min
Butterflied Leg (4 - 7 lbs.)	moderate	40 - 50 min

ROAST LAMB, GREEK STYLE

SERVES 4–6

Nothing can equal the scent of a lamb roasting on Easter Day in the back streets of a Greek village. I suppose that lamb on Easter is the annual culinary highlight of the Greek diet. I have added a bit of olive oil to keep this roast moist, but you would not have to do this with a whole lamb.

- 1 *5–6-pound leg of lamb*
- ½ *cup olive oil*
- 3 *cloves garlic, crushed*
- 1 *teaspoon whole oregano, crushed by hand*
- *Salt and freshly ground black pepper to taste*

FOR RARE LAMB: Allow the lamb to come to room temperature. Heat your oven to 400°. Mix the oil, garlic, and oregano together and rub the leg completely. Season with salt and pepper and place on baking rack in a pan. Insert a meat thermometer in the thickest part of the leg, being careful not to touch the bone. Bake at 400° for 40 minutes, so that the meat can brown. Turn the oven down to 325° and bake for an additional 40 to 50 minutes, or until the thermometer registers 140°.

Remove the meat from the oven and allow it to sit ½ hour before slicing. It will continue to cook during this time.

FOR MEDIUM LAMB: Follow the above instructions but cook a bit longer so that the thermometer registers 145° to 150°.

Slice thin and serve with some of the pan juices.

LAMB NOODLE STROGANOFF

2 pounds ground lamb
2 garlic cloves, minced
1 can (16 ounces) tomato sauce
1 teaspoon salt
1/4 teaspoon pepper
1 package (12 ounces) medium noodles, cooked and drained
1 package (8 ounces) cream cheese, softened
2 cups (16 ounces) sour cream
6 green onions, sliced
1-1/2 cups (6 ounces) shredded cheddar cheese
Paprika

In a skillet, cook lamb and garlic until lamb is browned; drain. Stir in tomato sauce, salt and pepper. Simmer, uncovered, for 10 minutes. Place noodles in a greased 13-in. x 9-in. x 2-in. baking dish. Top with meat mixture. In a small mixing bowl, beat cream cheese and sour cream until smooth; stir in onions. Spread over meat mixture. Bake, uncovered, at 350° for 30 minutes or until heated through. Sprinkle with cheese and paprika; let stand 5 minutes. Yield: 8-10 servings. Variation: Ground beef can be substituted for the lamb.

Lamb Gyros

1 pound lean ground lamb
2 cloves garlic, crushed
1½ teaspoons dried oregano leaves, crushed
1 teaspoon onion powder
1 teaspoon salt
¾ teaspoon pepper
1 large tomato, cut in half and then into slices
1 small onion, thinly sliced
4 whole pita pocket breads, cut in half, warmed

Prepare Cucumber Yogurt Sauce (see below); cover and refrigerate.

In a large bowl, combine lamb, garlic, dried oregano leaves, onion powder, salt and pepper; mix lightly but thoroughly. Shape into two oval ½-inch thick patties.

Place patties on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 8 to 10 minutes or until no longer pink, turning once. Carve each patty into thin slices. Place equal amounts of lamb, tomato and onion in each pita half; serve with Cucumber Yogurt Sauce. Total preparation and cooking time: 30 minutes. Makes 4 servings.

Cucumber Yogurt Sauce

8-ounce carton plain low fat yogurt
⅓ cup seeded, chopped cucumber
2 tablespoons finely chopped onion
1 clove garlic, crushed
1 teaspoon sugar

In medium bowl, combine ingredients; mix well. Serve w Lamb Gyros.